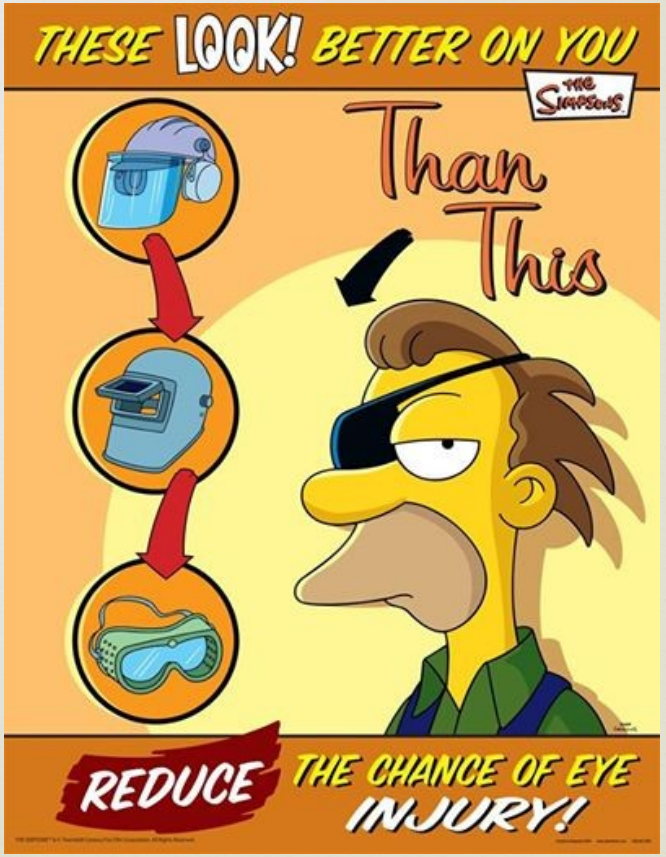
2016 Safety Campaign

Preserving Combat Readiness
Saving Lives

Fall/Winter Focus Areas

How Sailors & Marines Got Hurt

- Traffic Safety
- Alcohol Awareness
- Sexual Assault
- Suicide Awareness
- Firearms
- Do’s & Don'ts



How Sailors and Marines Got Hurt

Top Five Off-Duty Injury-Producing Activities
Sept 2015-Feb 2016

1. Motor Vehicle
   – 551 Injuries
2. Basketball
   – 146 Injuries
3. Football
   - 107 Injuries
4. Weight Lifting
   - 43 Injuries
5. Soccer
   - 41 Injuries

Who’s At Risk?

EVERYONE!

Although most mishaps involve Sailors and Marines between the ranks of E-1 and E-4, mishaps involve both men and women, officer and enlisted. Many of the mishaps are not caused by a lack of experience but by weather and holiday distractions.

The best way to avoid a mishap is to slow down and do it the right way the first time. You may not get a second chance.

Did You Know?

- You can still dehydrate in cold weather
- Loose layers will keep you warmer than a tight-fitting sweater or jacket
- Smoke detector batteries should be changed and tested
- Check your decoration lights for frays, shorts, and cuts to prevent fires and electrocution
- Fake trees can still catch fire
- Monitor your credit card and bank accounts for fraudulent access while shopping, especially online
- Before you travel, check the weather and traffic reports

Before You Leave

- Ensure you packed all your belongings and needs safely in the vehicle
- Do not place items near the pedals, steering wheel, or gearshift
- Check lights, tire pressure, fluids, and roadside equipment – Reference your owner’s manual for specifications
- When pumping gas, do not top-off your tank as this can cause spillage

Fighting Fatigue

- Start every trip well-rested
- If possible, drive during daylight hours
- Schedule breaks every two hours
- Step out of the vehicle and walk around for at least 10 minutes
- Never drink and drive
- Pull over if you get tired
- Caffeine is not a substitute for sleep

Use **TRiPS** for your Trip

- TRiPS = Travel Risk Planning System
- Easy, online risk assessment that helps you recognize and reduce travel risks
- Supervisory involvement is key
- You have the option of online and a downloadable pdf.

Access TRiPS at https://trips.safety.army.mil/

It’s No Laughing Matter

- Alcohol-related mishaps kill and injure Sailors and Marines every year between Labor Day and New Year’s Day
- In FY16, alcohol was a factor in 55 mishaps
- Of those mishaps 8 had fatalities
- There is always a safer ride home

Alcohol Awareness

- Drinking Facts:
  - Absorption of alcohol depends on
    - Your size, weight, body fat and gender
    - Amount of alcohol consumed
    - Amount of food in your stomach
    - Use of medications
- Helpful Hints:
  - Never drink alone
  - Have a sober person with you if you go out
  - Have a backup plan
  - Charge your phone before you leave
  - Save the numbers of at least three cab services

Alcohol Awareness Discussion Questions

- What do you think the Navy/Marine Corps culture is regarding alcohol?

- Has this culture changed? For better or worse?

- What would you do if you were at a party and had too much to drink?

- What are other options for getting home safely?

- What are other issues (besides driving)

How Do You Know if You Need Help?

- Have you ever felt you should cut back on your drinking?
- Does your drinking ever make you late for work?
- Do you ever forget what you did while you were drinking?
- Do you ever drink after telling yourself you won’t?
- Have people annoyed you by criticizing your drinking?
- Do you ever need a drink first thing in the

Resources

If you answered yes, even once, to the questions on the previous slide, you may have a problem with alcohol.

- Help is easy to find!
- Learn what Tricare can do by visiting www.tricare.mil/ProviderDirectory/ http://www.tricare.mil/mtf
- To find a local resource, call the Center for Substance Abuse Treatment at 1-800-662-HELP

Preventing Sexual Assault:

- See something, say something
- Directly approach potential problems and express concern
- Involve friends, witnesses and authorities
- Distract the predator and remove the potential victim
- Don’t leave potential victims alone
- Anyone can be a victim
- Alcohol and drugs are not excuses for assault

Preventing Sexual Assault
Be an Active Bystander

Direct Approach	• Talk to your friend to ensure he or she is doing okay • Pull your shipmate aside and say you think the situation is dangerous • Point out the potential perpetrator's disrespectful behavior in a safe manner to de-escalate the situation
Involve Others	• Recommend to a bartender or party host that potential victim or perpetrator has had too much to drink • Grab a friend or two before speaking with the potential perpetrator • If the situation seems to be escalating, call the police

Preventing Sexual Assault
Be an Active Bystander

Distraction	Make up an excuse to get your friend get away from the creep (e.g., “I think I lost my phone. Can you help me look for it?” “I was thinking of grabbing some food, want to come with me?”)
Be a Third Wheel	If it seems like the potential perpetrator is trying to isolate your shipmate (offering him or her a ride, inviting him or her to their home, etc.) go with them.

Discussing SAPR

- What would you do if you witnessed a shipmate being harassed or assaulted?
- What resources are available for victims?
- Can men be victims?

Suicide Warning Signs

- Expressing suicidal thoughts
- Increased drug and/or alcohol use
- Withdrawal from friends and family
- Recklessness
- ACT: Ask, Care, Treat

For resources, visit www.suicide.navy.mil

Suicide Help

- Never leave the person alone
- Take every threat of suicide seriously
- Do not make jokes or “dare” them to do it
- Listen to what they are saying
- Take them to a facility for help – this includes the Chaplain, hospital, or senior leader
- If they refuse to leave, call for help
- It is NOT about you

Firearm Rules

- Assume every firearm is loaded
- Never point the firearm at anything you aren’t willing to kill
- Always check and recheck the safety
- Never store the firearm and ammo in the same place
- Never leave the firearm in out unless it is in your holster, hands, being cleaned
- Ensure firearm cannot be accessible to children or untrained adults

Three-Points Security

- A Three-Points Security measure is a safe way to secure a firearm when it is not in use
- Note: These are only suggestions not requirements
- An example:
  - Gun is secured with a trigger lock or gun lock
  - Gun is placed in a lockbox, ammo is secured in a separate location
  - Lockbox is stored in a closet with a lock on a high shelf or in a larger gun safe

Do	Ensure all candles are blown out at night
	Unplug decorations before going to bed or leaving the house
	Secure all doors and before bed and leaving the house
Don’t	Post travel plans online in public forums
	Deep fry frozen foods, it may cause a fire or explosion
	Melt ice or snow with table salt

Veterans Crisis Line
Call, Chat or Text

Frozen Turkey

- https://www.youtube.com/watch?v=HgGf38ngXHw

Manage those risks, and you'll have a fun and safe fall and winter season!

www.public.navy.mil/navsafecen